

**“I am only one.  
But still, I am one.”**

*Encouragement and Empowerment  
for Caregivers*

- Informative presentation about **participating in advocacy to prevent burnout**
- For caregivers working with **older adults**
- 30-60 minutes, depending on time available (including Q & A)
- For support groups, community workshops, or staff trainings
- Free of cost
- Available in English or Spanish
- Will come to your support group or community center

*“It was very  
amazing  
and it gave me a  
feeling of  
encouragement  
knowing that there  
are a lot of other  
people fighting for  
the same cause as  
I am.”*

*“[It] created a  
feeling of power”*

*“I and many others  
can make a  
difference.”*

*“I liked the  
camaraderie—the  
bonding –  
feeling as if  
we were heard”*

*~Reflections  
from caregivers  
about advocacy activity*

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